HOME AND SOCIETY.

CHAT OF THE SEASON.

"Did you ask what would be considered a small foot?" said a pretty shopgirl in a big establishment, as, kneeling before a customer, she deftly fitted on a pair of India-rubbers. "Well, I should call No. 3 a small size, and 3 1-2 even. The average is about 5; 7 is large, although I have seen very nice looking feet that were sevens. I have one customer who wears nines and another who wears ones. Quite a contrast, isn't it? The smallest foot on a grown person I ever saw belongs to one of our customers: she wears thirteens, child's size, but it isn't pretty a bit; it looks so tottering."

The lady upon whom she had been waiting looked at her own shapely feet (slender threes) with great satisfaction. "I do not care for excessively small feet," she remarked to her companion, "but one thing is certain: feet are much larger than they used to be when I was a girl. Whether it is because we wear larger shoes or because we walk so much more I don't know; but twenty years ago quite a number of my friends wore ones, and now I do not know a soul who wears a shoe smaller than threes." "It is the walking I think," said her companion. "In those days no one took any exercise." "Yes, and then, too, it is no longer the fashion to wear short boots. I dare say both reasons hold good, but the American foot is certainly larger than it used to be."

"You know," said a lively compatriot who recently arrived "from the other side," "that the thing in England is for a man to be quiet and monosyllabic in a drawingroom, and for the women to be lively and amusing; that is why our women are such a success over there. They can talk about all sorts of things and amuse people. On the other hand, however, the average American man is not much cared for. An American at his best is witty, entertaining, versatile—a conversationalist, in fine; and that is just what the smart set in England do not like; for a young man to be an intelligent talker is considered almost bad form. There may be certain privileged individuals that hold the place of licensed court jesters, as it were, but it is an unwritten law that the fashionable young man should be deadly quiet, unless he is among his intimates, when he seems to enjoy a sort of horseplay with a zest that strikes an American as almost artless, not to say imbecile. But introduce the same lively youth to a stranger, and he freezes into a solid politeness that is almost crushing. So our clever young countrymen are really too clever and too naturally chivalrous to women to have the 'cachet' that belongs to a really fashionable youth. This, however, is not the case of the middle-aged American in London, particularly if he be of note in his own country. He, like the American girl, is expected to 'show his paces,' and the English world is ready to applaud him, dine him, and find him vastly entertaining. In short, he can be no end of a success. If he is an artist, poet or literary man of any kind he has the open sesame to a delightful set of people. English people simply adore an oddity of any description; like the Athenians of old, they are ever on the lookout for some new thing, something that will entertain them, and an American in London is continually surprised by seeing people crop up in society there who would not be tolerated here. Paradoxical as it may seem, it is nevertheless true that good New-York society is really much more exclusive than the fashionable set in London.

A local builder lately visited a celebrated artist of the impressionist school to receive directions about a house the latter was building on Long Island. He found Mr. —— at his studio; and the artist took great pains to show the contractor what he considered his best treasures. "How did you like Mr. ——'s pictures?" some one asked the man afterward. "Well," he answered, "I thought the frames were real beautiful, but I didn't think much of the pictures." This, however was not so bad as the remark of a young Etonian who was captain of the boats and no end of a swell, but whose literary attainments were of the slightest. His brother, who was musical, had set the words of one of Tennyson's poems to music, and the young athlete gave it as his opinion that the "music was well enough, but the words were all rot."

Norman English is much more used in America in ordinary conversation than in England, where among the cultured classes Saxon English greatly predominates. For example, an American would say "return" when an Englishman would say "come back." We generally use "receive" where the English simply "get," and so on to any extent. People who are self-conscious in their culture are apt to use the Norman derivatives almost altogether. Just now it is the fashion to be off hand in modes of expression, and the genteelly elegant phrases of those who are not people of the world sound stilted and old-fashioned. This, however, does not apply to writing, where more ornate diction is permissible.

Every one knows the story of the woman who had three wishes granted to her, and who, while thinking whether she should desire to be Empress or Queen, exclaimed involuntarily, on seeing a fine bed of coals in the fireplace before her, "How I wish I had a black pudding sizzling on those embers!" and presto, the black pudding was there. Vexed with herself for losing one of her wishes, she was in no mood to bear her husband's reproaches. "Animal that thou art!" she exclaimed in anger. "I wish it was on thy nose!" and suddenly there it was, fixed so firmly that their united efforts failed to remove it. In vain the repentant wife promised her good man all the wealth and prosperity he could wish for. "What would life be to me?" he sensibly remarked, "with a black pudding on my nose?" so nothing remained to be done but to use up her last wish in wishing it off. How many people who know the story know, too, what a black pudding is? Here is the receipt out of the Queen's own receipt-book, prepared by her chef, who served her so many years. "To one pint of pig's blood," he says, "add rather more than a pint of boiled cream, three-quarters of a pound of the fat from the inside of a pig, cut in rather small pieces, and four large onions chopped and fried in a little butter. Season with a little chopped bay-leaf and thyme, nutmeg, pepper and salt, mix well together, and stuff the linings, prepared perfectly clean for the purpose, with the above, taking care to allow room for tying them into lengths of about six inches. Some water nearly at boiling point must be removed from the fire and the puddings immersed in it, and allowed to remain in it only until they become somewhat firm to the touch; then take them out and set in the larder to cool. When wanted, fry in boiling lard, scoring them in several places to prevent their bursting when being cooked."

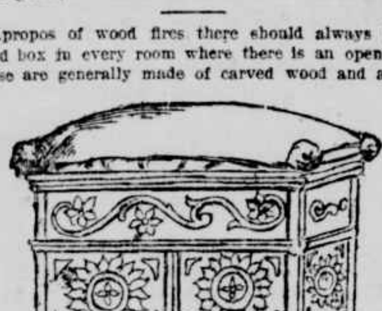
We can fancy her Majesty with her inherited German tastes quite enjoying this dainty, which seems marvellously like sausages.

We are told by Savarin, the great French cordon bleu, that "in frying, when once the surprise has been effected, lower the fire a little, so that the cooking of the interior particles may not be too quick, and in order that the gradual heat may better bring out the taste." The true secret of frying is to have the lard deep enough to cover entirely the article you wish to have cooked, and to have it boiling hot, so as immediately to form a crust over the entire surface. This sudden crust is what Savarin calls the "surprise." Another celebrated authority tells us that an infallible way of testing whether the lard is hot enough is to test the heat with a bit of bread an inch square. If it browns in one minute the heat is right. Drippings will do as well as lard, but the great necessity is to have the lard boiling, and deep. Boiling grease does not enter the object that is fried, but immediately forms a crust on the outside which prevents any grease entering it. A little attention in regard to this would prevent the sodden, greasy dishes so often served to the detriment of health and appetite. Croquettes, for instance, should be so dry that you can lift them with the hand. They should be laid in a frying basket and plunged into boiling lard, and the light-brown crust will at once be formed. Serving things hot, too, goes a long way; if cooks could only be made to realize that hot food is very rarely criticised they would be more careful in this respect. An experienced housekeeper said the other day: "The real reason that my things are so much liked is not that they are one bit nicer han any one else's, but I always see that each dish is served so piping hot that there is no chance for much criticism of the flavor."

There seems to be no especial novelty this year in lamp shades. They are still ruffled, and fluted, and shirred, and flounced. The flower ones, too, still hold their own, but there is a very pretty departure in the arrangement of the latter, which substitutes petals for the flowers themselves. Thus, one shade is covered with pink roseleaves, another with red tiger lily petals, another with the silky-looking and beautifully tinted poppy leaves which present such an exquisite variety; and so on, ad infinitum. These petal shades are charming for candles. Such pretty ones, by the way, may be made by pressing maidenhair fern and gumming it neatly on white paper. The shades should be shaped first and finished with a green edge, top and bottom. Prettily colored small seaweeds, that make such delicate tracery when pressed on white paper, also make very effective shades. The beauty of all amateur work of this kind depends upon the neatness and delicacy of the work.

With the falling of the leaves and the chill of October evenings comes again that most delightful of autumnal blessings—an open wood fire, the cheeriest of home comforts. H. H. writes of a "blessed old black woman," who on seeing her fire exclaimed: "Bless yer, honey, yer's got a wood fire! I'se allers said that if yer's got a wood fire yer's got meat an' drink an' clo'es." This sacred flame, as we might well call it, in the home altar, should be attended with the greatest care, and a new maid should be taught to make it with the most scrupulous exactness. In the early morning, before breakfast (for the fire should be at its best and brightest at that time), let her take up nearly all the ashes, leaving a thin coating to receive the first light coals. Sweep the front and sides of the fireplace as far back as the brush will reach; mop off the hearth, and, with a chamois skin, rub off the andirons. This with the weekly cleaning will keep everything perfectly bright. See that the andirons stand exactly straight, at equal distances from the sides of the fireplace. Lay three sticks across the andirons, an inch apart; the front and back sticks should be much larger than any others used for the fire. Across the small centre stick place a row of loosely crumpled papers (newspaper is always the best) with one end of each sticking over between the logs, so that it may be lit from beneath. Across the paper, lengthwise, lay kindling wood, split fine, and across these, in reversed order, small sticks of hard wood. Then lay above these a layer of three sticks the size of the centre lower one, and lying the same way. In all these layers do not fail to leave air spaces for the draught. On the top there may be two or three more of the same sized sticks laid diagonally. When all is completed sweep the hearth and light the fire. Do not think these directions needlessly prolix: it is astonishing how little intelligence our Abigails seem to have in kindling a fire. They waste, so often, no end of time and patience with disastrous results, and "The fire won't burn, ma'am," is the only excuse when the family come shivering into the cold room, where a blackened hearth and the cheerless look of a fire that "won't light" are everything but inviting. Once teach Biddy these rules, and method will supply the place of intelligence, and there will be no such word as fail.

Apropos of wood fires there should always be a wood box in every room where there is an open fire. These are generally made of carved wood and afford



fine scope for the amateur woodcarver. For short sticks a box like the example given is both useful and ornamental, the stuffed cushion on the top making it a most comfortable seat as well.

"Sometimes I really wish I were a Mahometan," sighed the much-harassed mother of a large family of small children. "Why, Lucy!" exclaimed her sister, quite shocked. "Whatever possesses you to say such a dreadful thing?" "Well, at all events," rejoined the housemother. I wish our religion inculcated the same principles of cleanliness. Fancy the easy life of a mother whose children wash their hands five times a day as a religious duty! I read an article on the Moslem faith the other day, and that is what impressed me the most of anything. Here are Jack, and Ted, and Tom, who simply won't wash their hands unless they are actually dragged up to the nursery. Why did not the Christian fathers put it into the catechism, I should like to know? They must have known that cleanliness is next to godliness."

A beautiful French boudoir has the walls finished in pale blue enamel, panelled with the most delicate mouldings of gilt. Over each doorway are beautifully painted flower pieces framed in rocaille frames; and

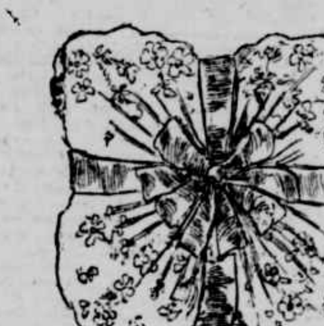
covering the door are heavy satin curtains of the same shade as the walls. A portrait by Cabanel of the fair chatelaine hangs between the doorways, and the whole room is lighted only by wax candles in gilt sconces. The furniture, which is covered with the most delicate Beauvais tapestry, is also rococo, and the bevelled ceiling is decorated in the same style. Needless is it to say that this room is simply perfect with its finishing touches of dainty tables and screens and quantities of growing plants.

A pretty Christmas gift and one that can be simple or elaborate is a set of sachet-linings for bureau drawers. These linings may be made of satine or chintz or China silk—and are pretty in delicate shades or all in white. The exact width and length of the bureau drawer should be taken without allowing for turning in. A thin layer of cotton batting or sheet-wadding should then be made not quite so wide or so long as the drawer. Separate the wadding and sprinkle between the layers a liberal amount of sachet powder (Florentine orris root is almost universally liked). Baste the layers of cotton together in large stitches just to hold the powder in place. Cut the upper and under side of the covering according to the measurement taken of the drawer, turn on the wrong side and stitch the edges together in a narrow seam, leaving one end open. Turn on the right side, and put the layer of cotton in with care, fastening it at each corner. Then sew up the end. This drawer-lining will now be a little shorter than the drawer, leaving room for a pretty lace edge—which can be frilled or sewed on without fulness. The oriental lace is very pretty for this purpose: so is the fine Smyrna. Three of the sachet linings make a pretty set. Pale blue, and pale pink, and white are pretty for a set. Some women make the upper covering of silk, and the under side of fine muslin. Three linings all of white China silk make a dainty set, and can be washed without harm when soiled. Even the flowered China silk is suitable for this purpose. Some prefer to quilt the linings but it does not add to the ornamentation.

They call them medicine chests—these little three cornered closets that one can buy in the house furnishing department of almost any store, all the way from ninety-seven cents up to three or four dollars apiece—according to the wood and the workmanship. Those for ninety-seven cents are quite good enough for a modest little flat, and are nice to fasten up in the corner of a bath-room to hold the array of bottles that often look so unsightly on the washstand and window edge of the rooms. Tooth-powder, shoe-blacking, vaseline and tonics can all be concealed in this way. After you have bought one for the bath-room you will want to buy another for the bedroom, and you will wonder how you ever got along without one. Perfumery bottles, camphor, cold cream, etc., can all be cleared from the bureau and dressing-table, and yet be within hand's reach.

Shaded effects are again shown in millinery, and the bonnet or hat is chosen to match rather than to contrast with the dress. The small bonnets, many of which are a little higher than they have been, fit the head securely. Browns, tans, greens and corn-colors are all popular. The yellows range from the deep orange shade of maize or Indian corn to the palest tint of wheat-straw. These colors are used in combination with green, dark-green, blue and black, and especially with jet. Jet and pale apple-green is another combination of the season. Geranium-red and navy-blue is another combination, which is used, however, in a deft way to avoid the violent juxtaposition of such striking colors. Shades of green trimmed with shaded plumes are shown. The hats exhibited at the first millinery openings were not as large as those shown. There are Gainsborough hats of dark olive velvet with full puffed borders, trimmed with a scarf of cream lace, toned from dark green into a pale cream color at the edge. Ombre effects are shown in hats of dark blue, with tips, shaded from dark blue through many lighter tones. There are also ombre velvets. It is impossible to say yet whether these ombre effects will be used throughout the season. They are far more elegant as a decoration to the merchants' counters than they are in use. There is a sameness in shaded things, and they are not as becoming as piquant contrasts to our proverbially pale type of American women.

There is no more acceptable present than a large eiderdown pillow. Like many another good thing one cannot have too many of them. A pretty way



of making one which is also a novelty is to shape the bag for the down rather large, and then cover it with a bag which is still a good deal larger. Sew two bands of ribbon crossways around the cushion rather tightly, finishing with a full bow and afterward pull the fulness into each corner. The silk in the example given had pink wild roses with pale green leaves, and the ribbons were of pink satin with a generous bow composed of loops and ends of light green and pink.

The greatest mistake the beginner makes in cooking over meats is to harden them by cooking them again instead of simply warming them up, as she should. Hashes, stews, croquettes and all dishes of meats should be rapidly prepared. The sauce which is to moisten the rechauffe in all cases should be prepared first mixed with the cold meat, and the whole simply heated to the boiling point and boiled up a moment or two to insure the meat being warmed through. This is all the cooking required for a stew. In the case of a croquette the minced mass is allowed to cool again so that it becomes firm and can be moulded into rolls, and can be rolled in beaten egg and in bread crumbs and fried at any time in the next twelve hours. Hash should be cooked more slowly than either of the other preparations in order to produce a fine crust, so it may be folded and served like an omelette, but it is kept at so low a temperature that it is merely cooked through in the half hour it is left at the back of the stove to brown and is not hardened as much as the meat of a stew would be by boiling ten minutes. There is a deftness with which a skilled cook recooks meat that shows her ability more than a perfectly broiled steak does or the serving of a brace of chops. The seasoning of recooked meat requires special skill. A hash requires rather more seasoning than stews or croquettes. The addition of a little onion juice is required in croquettes, but is not necessary in a hash, and may be used with discretion in a stew. Some persons, who are fond of the flavor of onion, use it also in hash. The juice of an onion is obtained by grating a cut onion. An earthenware grater is better for this purpose, as the metal grater turns the onion juice dark. A chopped pickle with a teaspoonful of its vinegar, or a chopped olive, or a tablespoonful of capers is a good addition to a lamb or mutton stew. Cold beef makes a fair stew, with the addition of herbs and seasoning of tomatoes. It makes a good hash with potatoes added in the same proportion as the meat. Cold corned beef makes the best hash we have. Neither of these hashes requires any seasoning except pepper and salt. Cold veal makes a delicious croquette, stew or hash. When served as a hash it should be simply minced fine without adding potatoes. A minced veal is excellent served with tomato sauce or in a nice brown sauce. In the latter case serve sippets of brown toast around it or under it. Cold mutton or lamb makes a good stew but is not good for hash or croquettes. Altogether veal is the very best meat we have, recooked. Beef is the next best, while lamb and mutton task the resources; but a liberal use of condiments makes them into palatable dishes. Venison and game are usually cut in slices and warmed up in their own sauce in a chafing-dish, or after the manner of a chafing-dish in a saucepan. Game hashes are always minces of meat served with rich sauce with the addition of acid jellies or other acids. Turkey and chicken when minced cold make excellent croquettes and minces of meat on toast.

The best material for cloth pudding bags is a heavy jean. These bags should be well greased and afterward dredged with flour before the pudding is put in. A space equal to at least a third of the space occupied by the pudding should be left above it to allow for its rising. The pudding should be suspended from a hook, or through holes in the centre of the pot-cover, in only boiling water enough to immerse it to half its depth; otherwise the water may penetrate to the upper part of the bag and cause the pudding to be heavy. There are many batter puddings and other varieties of boiled puddings that are better boiled in a bag. An English plum pudding is better boiled in a bowl or mould. When removing a boiled pudding from the bag, immerse it in cold water for an instant to insure a smooth, shining crust on the outside.

Oilcloth that has been in use and is soiled should be scrubbed clean, using as little soap as will be necessary for the purpose, and then varnished with oilcloth varnish, which costs about 50 cents a pint.

It is now fully time to put down carpets for winter if this has not already been done. The spring is the proper time for cleaning or repairing carpets, but if this has been neglected it may be attended to now. For cleaning carpets select a clear day. The best way to clean a carpet is on a frame. Make a frame to fit the carpet and lift it at least a foot from the ground. Have the carpet shaken free from dust, then nail it to the frame. There should be cross-pieces in the frame, to prevent the carpet sagging in the centre. When it is fastened on the frame begin to scrub it with a scrubbing brush and white borax soap, or any nice white soap, and lukewarm water. Clean a yard of carpet at a time and rinse it thoroughly afterward. When the entire carpet has been cleaned in this way and dried with clean cloths, so as to absorb any water on the outside, leave it on the frame to dry. If it is convenient it is better to raise the frame, resting it against a tall tree, so the wind will blow through it and dry it more rapidly. It must be securely fastened, however. If the carpet is greasy it is better to remove the grease first with benzine or gasoline. Lay a clean cloth under each spot as you are ready to clean it, and rub it vigorously with a cloth saturated with benzine. If the benzine is poured on it, a new grease spot is liable to be left behind by the residue of oil left in the benzine. For this reason, gasoline is rather better, because there is less of this residue left in it, but it is a little more difficult to obtain. Dealers in petroleum supplies, however, always keep it on sale. When a carpet is scrubbed, there should be clean cloths on hand to absorb the water which follows the use of the brush. A carpet washed and dried on a frame is much more like a new carpet than one ripped up and washed breadth by breadth, and the latter process is much more laborious and not as apt to be successful. A carpet should never be laid down on a bare floor. Paper or even straw may be put under it to soften the tread, and to prevent the wear of the hard floor against the fabric. A wadded paper, such as comes at 10 cents a yard, is the best thing for this purpose. But if this is considered a large expense a very good substitute may be obtained by tacking sheet-wadding between sheets of old newspapers. When the carpet is very heavy, sheets of old newspapers put down in layers of five or six thicknesses will do very well. As a rule, inexperienced carpet-layers put in too many nails. Inspection of the work of an expert layer of floor covering will show this a mistake. In the cities, where an expert carpet-layer's services can be readily commanded at a low price, it is not usually necessary to undertake this drudgery; but in the country this work often falls upon some of the family. Where a carpet is too short it may be remedied by a border, but if there is a border and the carpet cannot be matched, use a plain, colored filling at the ends or entirely around the carpet outside the border, in a shade to harmonize with the color of the carpet. This gives the effect of a rug spread over a carpet in monotone.

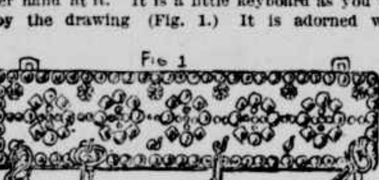
Now that the chilly autumn months have come and the season of cold and snows will soon be here, the practice of carrying a cold luncheon to school in place of the midday meal has begun and will soon be the rule. So many little children, especially in the country, live at a distance from the schoolhouse, that it is impossible for them to go home and get a warm dinner. In the short time allowed by school regulations for nooning it is only possible for those living within sight of the schoolhouse to go back and forward and eat their dinners without such unseemly haste as to be injurious to both their health and their manners. There is no part of school hygiene that needs more attention from intelligent supervisors than this matter. The cold luncheon furnished to the growing children in the middle of the day, when their heartiest meal should be eaten, consisting as it often does of sweets and pastries, lays the foundation of more cases of dyspepsia than anything else that can be named. The State, which cares for the education of the children, has a certain right to look into the matters of their health, and it exercises this right in establishing gymnasium exercises and other physical forms of training. There should certainly be some authority exercised over the food the child eats during school hours. As it is, the child at the time of lunch is allowed to eat whatever food is given it, however indigestible, and in cities it is tempted by the school restaurants, established in many of the city school buildings, to eat the most indigestible food in the world—baker's pies and cakes. Where such food is sold with consent of the authorities it should be of the plainest and most wholesome description. Hot milk, hot broth and plain bread and butter would be sufficient for a comfortable meal. It is to be regretted that there is not some arrangement in all the country schools by which a bowl of hot broth could be provided for all children who remain at the noon-time recess to eat their cold luncheon. If this were done it would be easy to prohibit during school hours the eating of cloying pastries and rich cakes, which furnish no special nourishment and clog up the brain as the result of indigestion. All teachers who have taught in district schools have noticed the weariness and listlessness of children in the afternoon. This is not wholly due to the fact that they are weary with schools, but often to the fact that they are suffering from the insufficient nourishment of their noontime dinner. Wherever it is possible, mothers should send a hot dinner to little ones who cannot come home.

The best fertilizer for the window garden is a tablespoonful of guano, dissolved in a quart of luke-warm water and applied around the roots, once a week. The amount given will be enough to fertilize half a dozen plants in pots of five or six inch size.

An excellent method of cleaning a black or dark colored cashmere or Henrietta dress is with soap-bark. Buy five cents worth, put two quarts of cold water on it and boil it down to a quart. Strain this liquid, sponge the dress with it after ripping it completely.

A valued correspondent writes:

"When directions and suggestions for making Christmas presents are given, work for boys is often entirely lost sight of, and it is too bad, for many times they have more patience in making pretty things than their sisters and often more skill. I want to suggest a useful little gift that a boy can make entirely by himself, and I think even a boy's sister will be glad to try her hand at it. It is a little keyboard as you will see by the drawing (Fig. 1.) It is adorned with



brass and silver headed nails of various sizes, such as are shown in Fig. 2, and the latter drawing also shows the kind of hooks required and the metal loop by which to suspend it. Then one must have a sharp-

Fig. 2.

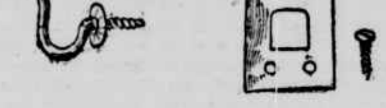


Fig. 3.

pointed awl, and a nail-guard (Fig. 3) to put over the heads of the nails, so as not to mar them in hammering. I am not sure whether the nail-guard can be bought at a hardware store or not, but that is where you will have to go for your fancy nails. The guard anybody ought to be able to shape out of wood with his jack-knife; but a few folds of paper or a piece of felt may be used to protect the nails, in case the guard is impracticable. The boards can be of any length desirable, but the one I have in mind is 12 inches long, 3 inches wide, and 1 inch thick. If I were talking to a girl I might say, 'Cover the board with plush,' but to the boy I recommend leather the exact measurement of the board, or what is simpler still, a piece of plain, hard, white wood, or hard wood stained and polished. Now do not shrug your shoulders and say that you cannot stain and polish the wood, for I will tell you just how to go to work.

"Get some boiling water in a little stewpan, and set into this a cup with a tiny bit of white wax in it—about the size of a hazel nut. Pour on the wax three tablespoonfuls of spirits of turpentine, and stir until they are blended. With a little fine brush put a thin coating of this on the board and let it dry. When this is done, polish with a rather stiff brush, just as you would a pair of boots, and don't stop until you get a good shine on it. Draw the design that you intend to use on paper—i. e., the distances—and just where you want your hooks to go—you will here have to do a little planning and measuring, for regularity is most desirable, and this must be governed by the size of nails used, the grouping, etc. When your measurements are satisfactorily made on the paper strip lay it evenly on the board, and then with the awl make holes through the paper into the board, just where the nails and screws are to go. Use a little forethought, and do not make as deep holes for the small nails as for the large ones, or you will have trouble. When the places are all indicated take off your pattern and go to work with the nails. Use the nail-guard if you have one, or substitute paper. You will need two metal loops for the board. These are to be screwed on the back after all the rest is finished. If you do your work neatly and well you will make a most acceptable gift, useful not only for keys, but for shoe-hooks, scissors, rings, etc. If you are careless in your measurements your gift will be ruined. Combine the so-called silver and gold nails effectively and you will add much to the beauty of your design. Caution: Do not take the turpentine mixture near the stove, as it is inflammable. Use the hot water away from the fire."

It has frequently been noticed that there is more danger in winter from diphtheria and various other diseases that depend on noxious vapors for their existence than there is in summer. In fact, the presence of these diseases indicates the presence of bacillae that must have been bred from some foul source. It would seem natural that summer, when there is so much decaying matter about, would be the time for such diseases, but we are told that the close atmosphere of the house, and especially the presence of defective sewerage, are the most fruitful sources of many of these dreaded diseases; that, contrary to the generally conceived idea, the palace of the rich man, with its elaborate system of water-pipes and plumbing, is even more likely than the hovel of the very poor to suffer from some of these diseases. The cracks in the poor man's dwelling and the cold draughts from which he suffers are blessings, though in disguise, as compared with the superheated and vitiated air and the imperceptible poison of sewer gas to be found in the dwelling-houses of the rich, fitted up with all the modern improvements. It may be that a later generation may see the folly of living in houses which are heated so far beyond a wholesome temperature, and learn truly that a simple system of plumbing is the only one that we have a right to introduce into our everyday life. There are many elegant mansions coiled around with deadly lead pipe in the vicinity of all the living and sleeping apartments, bringing a sure poison into these homes. With this state of things there is little or no attempt at sufficient ventilation. The luxurious occupants of such houses shiver at a draught and live in a temperature of from 75 to 80 degrees. It is not strange to those who appreciate such a state of things that diseases of the bronchial tubes and lungs are so frequent in cold weather. These are not the result of contact with cold air, as they are the result of want of ventilation. The bodily system becomes completely enervated like a plant which is put in an overheated room, and is unable to resist the reactionary effect of cold air. One of the simplest methods of ventilating a room is to have a lower window slightly raised, a piece of wood firmly fitted in beneath it, and the space opened at where the lower and upper sash lap over each other, is sufficient to give an upward current of air and ventilate a room without any direct draught. Where there is a stove in the room at night, some method of ventilation is most positively necessary to health. Abundance of pure fresh air should be supplied even on the coldest nights, and the youngest child may become accustomed to this, providing it has abundance of bed-covering and warm night-clothes. There is no danger from colds so great as the danger from unventilated rooms. An open fire is one of the best means of ventilation, though an open window is necessary in connection with it at night. The hall is quite likely to contain half the bad air of the house. For this reason it is well to have a ventilating pipe extending from the ceiling of the main hall in the top of the house well up above the roof. It should be covered with a cap to keep out the rainfall and with a register to shut it off, if desired, in very cold weather.

This pretty gown is made of silver-gray alpaca or brilliantine, with a neck and chemisette of white cashmere. The sleeves are made very tight to the arm from the elbow to the wrist, but full and puffed high

on the shoulder. If made of any thin material the skirt may be plaited, but this pattern would look very well in poplin, when, of course, the skirt would be plain on account of the heaviness of the material. Gray suede ties and gray gloves should complete this toilette.

The proper temperature of a sick room is from 65 to 70 degrees Fahrenheit and the heat should not go much below or much above these points. Abundance of fresh air and sunshine is the rule in all cases, except where the order of the physician prohibits the light. There is far more danger of the patient becoming enervated by close, foul air than there is from ventilation. English physicians insist that an open fire is a necessity to the proper ventilation of a sick room and an eminent authority on this subject says: "I do not consider any room suitable for a patient to occupy during a prolonged illness where there is not an open fire burning on the hearth in order to secure proper ventilation." A tight stove or a furnace register will not serve any such purpose. On the contrary, the stove throws out a dry heat which can only be partly counteracted by keeping boiling water on the stove. It does not solve in any way the problem of ventilation. The furnace register too often brings up a current of foul air from the cellar or the kitchen, into which the cold air box opens. Unfortunately it is quite the exception to have the cold air box open out-doors as it should. Even where it so opens the furnace register does not assist materially in ventilating the room. One of the best methods of removing odors is to take a shovel of burning coals, sprinkle it with coffee and pass it around the room. Where there is infectious disease a deodorizing solution should be obtained from the physician and used in the water in which the utensils of the room, the bedding and clothing of the patient are washed.

Good yeast is easy to make and keeps well with proper care. Home-made yeast makes a better and sweeter loaf of bread than can be made from any baker's yeast. Once started new yeast may be set with half a cup of the old, so that there is no necessity of purchasing any. It is possible to start yeast from the root, but we do not advise any one to take the trouble. There is no grocery store where some species of dry yeast cake cannot be found, and though these are not good enough to depend on for regular bread-making, they will do very well to start the yeast. Dissolve such a cake in a cup of lukewarm water; let it stand while you prepare the foundation for a gallon and a half of yeast. This will be a sufficient quantity to last about a month and a half for a small family and will keep this length of time in summer if it is kept in a stout demijohn, corked tight and set in the ice box or in a cold cellar. The foundation of this yeast is a pint of potatoes, mashed through a colander and measured after mashing, a cup each of salt, sugar and flour, sifted together and stirred into the mashed potatoes. A cup of hops, measured rather lightly, should be put over the fire in a pint of boiling water, and boiled steadily and slowly for twenty minutes. At the end of this time the water from the hops should be strained over the salt, sugar, flour and mashed potatoes. Beat the mixture to take out all the lumps. Add a pint of boiling water and beat again, and then add four quarts of boiling water, stirring the mixture thoroughly. Let it stand in a stone jar until it is lukewarm to the touch. Then add the dissolved yeast-cake and all the liquid with it. Cover the yeast carefully and set it in a warm place. A shelf or chair behind the stove is a good place. If it is set at night it will be covered with a thick froth in the morning. Beat this down with a large spoon. When it has stood three hours more, beat it again and continue beating it every three hours till it has risen fully. This will take from twenty-two to twenty-four hours after it is set. That is, yeast set at 7 o'clock one night will be ready to use at 5 or 7 o'clock the next night. If it stands any longer it will be likely to spoil. As soon as the yeast has risen, pour it into a stone demijohn, one holding at least two gallons. Cork it up tightly and tie the cork down, or the power of your yeast will show itself prematurely and disastrously, by sending the cork out of the demijohn and spouting up in the air. This yeast makes an especially sweet bread, and it is a great convenience to have good yeast always in the house. The labor, once in a month and a half, of putting the ingredients together and beating them while they are rising is amply repaid.

There is a foolish prejudice against onions because of their somewhat pungent odor and its effect on the breath, though for that matter, there are many other things which produce a similar effect against which no prejudice seems to exist. There is no herb in all the vegetable garden which gives such delicate and delicious flavor to dainty meat dishes as the onion, and it is greatly to be desired that we should adopt French taste in the matter and use more onions in flavor and in cookery. As a nervine, there is no better vegetable than the onion and celery. The onion is also credited with being one of the best blood purifiers in the vegetable kingdom. In order to possess these good qualities it is not necessary that the onion should be rank and coarse. Mild varieties possess all the medicinal values. There seems to be no reason why our vegetable gardeners should insist on cultivating rank red and yellow onions, when the white silver-skinned varieties are so much more delicious. There are many ways of cooking this vegetable which do away with the rank flavor, though very little can be done with the coarse and rank variety, and as a matter of fact, these do not belong on refined tables, except when used in a minute quantity as seasoning, like garlic and shallots. The onion should be a white one if a native. A red Bermuda or a yellow Spanish onion are, however, more delicate in flavor than any of the natives, because grown in the hot tropics, and the climate moderates the flavor. The onion in the colder latitudes becomes as rank as garlic. To boil onions for the table, peel them. If they seem strong, you may hold them under water during this process, or use a bit of bread on the tip of your knife to absorb the flavor. Put them in abundance of water, using at least two or three quarts to a quart of onions. It is better always to have a large saucepan for this purpose if the family is very fond of boiled onions. Let them cook at least forty-five minutes. Then drain them, shake them to get rid of the moisture, and then cover them in a pint of boiling milk in which a tablespoonful of butter and one of flour have been mixed. Add a teaspoonful of salt and a little white pepper, and let the onions boil up in this very gently for ten or fifteen minutes. A delicious way to serve onions is scalloped. Boil them as directed, then drain them, put them in an earthen pudding-dish, cover them with cream sauce, sprinkle them lightly with bread-crumbs and bits of butter, and bake them for twenty minutes in a hot oven. A simple method of frying onions, which makes them crisp and delicate, is to soak them for ten minutes in milk after cutting them in slices. Then dip them lightly in flour and fry them in deep fat hot enough to fry potatoes. It will not do to fry but a few at a time, as like potatoes, they cool the fat very rapidly after they are put in. The fat, therefore, should be very hot, and the onions should fry for eight minutes.

The purely medicinal value of onions should not be overlooked. In cases of croup and chest diseases, roasted onions are very efficacious used as a poultice. The roasted heart of an onion, it is said, when put into the ear will relieve one of the earache when nothing else will do any good. Our grandmothers used to make an onion syrup, now very old-fashioned, of minced onions and cider vinegar, sweetened with honey, which they believed was a certain cure for hoarseness and colds. Unlike many other old wives' remedies, it had at least the virtue of being harmless.

For a lip-salve, dissolve a lump of white sugar in a teaspoonful of rose water. Let it stand at the back of the stove to simmer slowly. Add two tablespoonfuls of nice olive oil and a piece of spermaceti the size of a walnut. Add a mere drop of cochineal coloring matter to turn it pink. When the whole is melted to an ointment turn it into a little round porcelain box kept for the purpose. It should be small enough to hold only a few tablespoonfuls.

A salve for the hands is made with two ounces of the oil of almonds, half an ounce of spermaceti and half an ounce of white wax. Melt all the ingredients together in a bowl set in a kettle of boiling water. Add a tablespoonful of rose water and begin beating. Remove the bowl from the boiling water to a table, and continue beating until the mixture is cold. If it should be too hard, melt it again and add another tablespoonful of rose water. Beat again till cold.

There is too little attention paid in this country to the cultivation of the voice. By this we do not mean the voice in singing, but the voice in speaking. Thousands of young women pass hours in practising their vocal notes over a piano whose speech rasps the nerves with its nasal twang, though, as every one knows, the young ladies will be heard hundreds of times oftener when they speak than when they sing. The general public has not been cultivated to that point wherein they appreciate the value of a softly modulated, low, musical voice, the certain indication of the woman or man of culture. The voice of a growing girl or boy should be early trained by the careful method of the elocutionist, but even before this, at their mother's knee, the children should be taught to speak gently, to avoid loud screaming at a distance, and especially to avoid the twang and slang too common in this land of independence. There is no excuse for a mother who allows her children to shout over the stairways and make Bedlam of the house in order to save the few steps necessary to communicate with their companions in a properly modulated voice. The study of elocution is not, as too many people believe, designed merely for a stage display of oratorical speech or striking verse. These simply indicate the amount of cultivation the voice has undergone. They are not legitimately the object of the study of elocution, any more than the essay which a college graduate reads on commencement day is the object of his four-years' course of study. Not one person in 5,000 is capable of such attainment as a reader that he has a right to demand the attention of audiences. Yet the study of elocution should be as essential a part of the course of education as the study of arithmetic. Unfortunately the training of the voice usually stops when the child has been taught to read intelligently. There is scarcely any effort made by the teacher of English to inculcate the value of a cultured voice. The breathing exercises taught in elocution are not only valuable in giving a person full scope of voice in daily speech, but as a matter of hygiene are invaluable. Their value in strengthening the lungs is beginning to be appreciated. Too many women and girls fail to take deep enough breaths. They do not make use of the lower part of the lungs at all, and the cells thus unused are peculiarly liable to disease. In all time the value of a low voice in woman has been appreciated—one in which the voice changes "like a bird's" and there grows "more of the music and less of the words."

Almost any one can recall fine-looking women with the air of one to the manor born, which seems to cling to so many American girls. Yet they are pictures only while they remain silent. The first word uttered in twangy tones, in slangy, uncultured language, destroys the illusion. Some girls seem to imagine that strident tones are necessary to assert their independence, whereas they merely proclaim their vulgarity and often vapidity of mind. It were well for our girls if they were to take Cordelea for their model, whose "voice was ever soft, gentle and low."

Few small things can produce more acute pain and interfere more with the daily routine of life than an ingrowing toenail. This trouble sometimes grows to such dimensions that surgical aid is needed and the removal of the entire nail becomes necessary, yet it is the result of mere carelessness, and even when well advanced can be easily remedied. Ill-fitting shoes are the primary cause of this evil, aggravated by cutting the nails in a wrong way, or letting them go uncut for too long a time. The nails should always be trimmed with an inward curve at the centre of the edge. This causes them to grow forward in a straight shape, instead of enlarging sideways and thus growing into the flesh. If they are too long in either direction, front or side, they will be bent downward and inward by the shoe, and more so and more quickly by an ill-fitting shoe than by anything else. In a severe case of ingrowing nails a somewhat heroic remedy is necessary. Surgeons use an application to the tender part of a small quantity of perchloride of iron, which may be obtained at a druggist's, either in fluid form or as a powder, but its application produces quite a sensation of burning pain, sufficient when once experienced to induce the sufferer to follow the plain directions to keep the toenails straight thereafter. In merely moderate cases, however, the nail may be cut out, and if cut so as to keep straight, the injured flesh will readily recover its sound normal condition.

Take a pound of white Castile or brown Windsor soap, stir it on the fire with a little water. Add lavender water or any other kind of essence when it is melted to a smooth paste, but do not thin it too much. Stir in half a cup or more of almond meal or of common oatmeal. Keep it in jars for use. This is an old-time preparation for keeping the hands smooth and white, which was used by the belles of olden-time.